

York/Adams HealthChoices Management Unit

York County Human Services Center
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SOLICITATION OF INTEREST **Parent Child Interactive Therapy-Satellite Location** **Date: September 4, 2015**

The York/Adams HealthChoices Management Unit (HCMU) and Community Care Behavioral Health Organization (Community Care) are soliciting letters of interest from daycare centers, early learning centers, and nursery programs, which may be interested in partnering with a behavioral health provider to offer Parent Child Interactive Therapy (PCIT) at your site. PCIT is a therapy approach aimed at children 2.5 – 7 years of age and their parents.

PCIT, is an empirically-supported treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. This therapy approach will work with the parent(s) and child who don't know how to play together, address mild to moderate behavior problems and work on parenting concerns aimed at addressing the child's problem behaviors.

This therapy approach takes up to 12 months, and parents, foster parents or adoptive parents should expect to attend sessions weekly in order to make progress.

Please see "Attachment A" for details about the program.

The target population for this letter of interest is for parents and children eligible for Medical Assistance (HealthChoices members) who may benefit from this therapy approach. Specifically, this service would provide treatment to children ages 2.5-7 years of age and their parent, guardian or foster parent. The purpose of this program is to expand this level of care to make the service more accessible throughout the county.

The daycare, early learning center, or nursery program needs to be accessible year round. Additionally they will need to foster a working relationship with the behavioral health provider on managing referrals and assisting in having the location licensed as a satellite outpatient setting.

Services delivered to child enrolled in the Medical Assistance Program will be paid based on current outpatient service rates established by the York/Adams HealthChoices Management Unit and Community Care to the identified behavioral health provider. It is the provider's responsibility to determine what insurance can be accepted outside of Medical Assistance.

The daycare or early learning will need to dedicate space for the therapist to perform the treatment. This may include performing renovations to your current site, including two rooms next to each other, with a two-way mirror between the rooms. Please see “Attachment B” for details about the room set up and program material requirements.

The therapy room can be utilized for other purposes when not being used for PCIT. Additionally, the daycare or early learning center will need to have a desk, as well as access and availability of this space during evenings and throughout the entire calendar year.

Due to the need for possible renovations and purchases needed for the program, the York/Adams HealthChoices may be able to provide a subsidy to assist in the renovation and fixed asset purchases. Each approved center could be eligible to receive up to \$6,500.00 for the renovations and fixed assets.

Submission Requirements

Interested parties must submit a letter of interest to the HealthChoices Management Unit no later than the close of business on Friday, October 30, 2015. Letters shall not exceed two (2) pages and include the following:

1. Identification of a contact person, including Name, Title, Phone Number, Fax Number, and E-mail Address.
2. A narrative description including:
 - a. Brief Description of your program. This includes the age groups served, specialty populations.
 - b. Size of your program, how many youth do you serve on a weekly basis.
 - c. The total number of children/youth served who are currently enrolled in Medical Assistance/HealthChoices Program.
 - d. Of the MA enrolled children, how many have you identified as having or potentially having the need for behavioral health treatment? What was the process used for identifying these children/behavioral health needs? Do you have any information as to what their barriers may be to accessing behavioral health treatment at traditional clinic locations?
 - e. What space/accommodations will your center provide within the building to accommodate service delivery, if approved?
 - f. What hours would you be able to make available for the behavioral health provider to use your site.
 - g. Will your center have the ability to allow families that are not associated with your center to participate in PCIT at your site?
 - h. Finally, if your center does not operate during the summer months and/or has extended breaks throughout the school year, will your center building(s) be able to accommodate the provider’s continued service delivery within the school setting?

Letters and/or questions shall be addressed to the following person:

Mark B. Durgin, Director of Program Development
Y/A HealthChoices Management Unit
100 W. Market St., Suite B-01
York, Pennsylvania 17401
mbdurgin@yorkcountypa.gov
(717) 771-9900

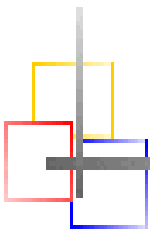
Sincerely,

Mark B. Durgin

Mark B. Durgin,
Director of Program Development

Cc: Michelle Hovis, Executive Director, York County Human Services
James Myers, Regional Director, Community Care
Robin Nace, Network Manager, Community Care

Enclosure:
Attachment A
Attachment B



Parent-Child Interaction Therapy (PCIT) Attachment A

Who can benefit from PCIT?

Parent-Child Interaction Therapy (PCIT) is an empirically-supported treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

PCIT treats parents of children ages 2.5 to 7 years of age and addresses the following concerns:

- Parent and child don't know how to play together,
- Mild to moderate behavior problems,
- Parenting Concerns,
- Child's problem behaviors outside of normal development.

Distinguishing Features of PCIT

- Parent and child together
- Theoretically grounded
- Focus on interaction patterns
- Active skills training
- Performance based (not time limited)
- Empirically supports
- Assessment driven
- Treatment is in Phases

The Core Structure of PCIT is weekly sessions for up to 12 months, which focuses on:

Child-Directed Interaction CDI

During this phase, the Parent:

- Follows child's lead
- Uses PRIDE skills
- Ignores annoying behavior
- Controls dangerous behavior
- Play therapy skills

During this phase, the Child:

- Develops good friendship skills
- Focuses on tasks for longer periods of time
- Becomes more connected to their parent

Parent-Directed Interaction PDI

During this phase, the Parent:

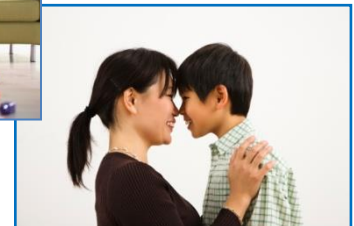
- Teaches child to follow directions
- Teaches their child to have good behavior at home and in public

During this phase, the Child:

- Learns to follow directions
- Accepts limits
- Develops good behavior at home and in public

Parent Skills Acquisition: PRIDE Skills

P raise	"I like when you share"
R eflect	"It's a cow."
I mitate	Copy child's behavior
D escribe	"You're coloring the cat."
E njoy	Show warmth



What to Expect from Treatment:

- This therapy approach takes time, and parents, foster parents or adoptive parents should expect to attend sessions weekly in order to make progress.
- PCIT can work with youth on the Autism Spectrum, but the focus is on the parenting and the parent-child relationship and changing parent-child interaction patterns.

Expected Treatment Outcomes:

Adequate skill acquisition by parents including:

- Increases in reflective listening, physical proximity, and pro-social verbalizations
- Decreases in sarcasm and criticism of the child
- More positive parental attitudes toward child
- Parent report of behavior problems to within normal limits
- Parent self-reported improvements in psychopathology, personal distress, and parenting focus of control
- High consumer satisfaction with process and outcome
- Maintenance of treatment gains up to 6 years
- Generalization to untreated siblings as well as home and school settings
- Changes in the interactional style of the fathers and mothers in play situations with the child
- Increases in reflective listening, physical proximity, and pro-social verbalization, and decreases in sarcasm and criticism of the child after completion of PCIT.

Referral Resource Considerations:

- Youth with Trauma history can be referred to PCIT, but cases will be reviewed through assessment to determine if appropriate.
 - This therapy does not address trauma.
- Speak to families about the therapy approach and make sure they understand the time commitment to therapy.

Providers:

Pennsylvania Comprehensive Behavioral Health (PCBH) and Holcomb Behavioral Health are scheduling this for HealthChoices members now. Additional providers may soon be available as well as additional locations to provide this treatment. We will post updates as they occur.

Pennsylvania Comprehensive Behavioral Health
2351 Freedom Way
York, PA 17402
Phone: 717.600.0900
Fax 717.600.0910

Holcomb Behavioral Health
Diane Crease-Roupas
3995 East Market St.
York, PA 17402
717.757.1227 ext. 295
Fax: 717.757.1353

Referrals can be made by treatment providers, Children, Youth and Families, MH-IDD, or Service Access & Management directly to the provider by faxing the referral form

Parent Child Interactive Therapy –Treatment Room

Minimum Requirements

- **SIZE:** The recommended size is 5X5 or 25 square feet. It should be no less than 4X4 or 16 square feet of clear space so as not to be constricting for the child.
- **LIGHTING:** The room must be well lit. It is preferable that light switches are out of the child's reach. If they are within reach, light switches should be covered.
- **CHILDPROOFING:** The room must be childproofed (e.g., electrical outlets must be removed or have childproof covers; sinks, breakable items or objects that could harm the child should be removed or contained and locked). The room should also not contain any furniture.
- **VISIBILITY:** The parent is visible to the child throughout the time the child is in the time-out room. The child is visible to the parent and/or therapist throughout the time the child is in the time-out room.
- **DURATION:** The use of the time-out space is time-limited. The child is physically, but not visually, separated from the parent for a brief time (1 minute + 5 seconds of quiet) before returning to the time-out chair.
- **STRUCTURE: Separate Space** When using a room as a time-out space, it is strongly preferred that a Dutch door be used between the playroom and the time-out room so that there is open air between rooms and the child can easily see the parent.
- **STRUCTURE: Within the Playroom** When using a section of the playroom as a time-out space, one of the four walls defining the space must be between four feet and 5 feet, 2 inches in height. This is so the parent can easily see the child and the child can easily see the parent.
- **MOVING the CHILD:** In getting a child to time-out chair or the time-out room, the parent (not the therapist) will guide the child.

Parent Child Interactive Therapy – Example **Treatment Materials List**

Assessment Materials:

Packet of 25 ECBI

Item Name: Eyberg Child Behavior Inventory (ECBI)

Price: \$46.00

Vendor Item ID: WW-4211-TB

These can be purchased as a packet of 25 at

<http://www4.parinc.com/Products/Product.aspx?ProductID=ECBI#Items>

ECBI Manual

Item Name: ECBI/SESBI-R Professional Manual

Price: \$54.00

Vendor Item ID: WW-4210-TM

These can be purchased at

<http://www4.parinc.com/Products/Product.aspx?ProductID=ECBI#Items>

PCIT Play Room and Observation Room Equipment:

Microphone for Play Room

Item Name: Audio Technica ES945W Boundary Microphone

Price: \$199.00

Vendor Item ID: AT-ES945W

Jim Hawkins is a sales specialist at Pro Acoustics where this item is sold and can be reached at 512-961-5638 or jhawkins@proacousticsusa.com.

Microphone Amplifier

Item Name: Rolls PA71 MicroMic Power Amplifier

Price: \$69.00

Vendor Item ID: ROLLS-PA71 PLUS

Jim Hawkins is a sales specialist at Pro Acoustics where this item is sold and can be reached at 512-961-5638 or jhawkins@proacousticsusa.com.

Microphone Speaker for Observations Room

Item Name: Atlas Sound SM43T-WH Outdoor Surface Mount Speaker

Price: \$84.90 each (vendor requires that you purchase in pairs, you may want to find another vendor for a speaker)

Vendor Item ID: ATLAS-SM42T-B

Jim Hawkins is a sales specialist at Pro Acoustics where this item is sold and can be reached at 512-961-5638 or jhawkins@proacousticsusa.com.

Microphone Cable – 6 foot

Item Name: 22ga Mic Wire - Very Flexible and Durable - Neutrik XLR's 100% Strain Relief - 6 foot

Attachment B

Price: \$20.00

Vendor Item ID: CBI-MLN-6

Jim Hawkins is a sales specialist at Pro Acoustics where this item is sold and can be reached at 512-961-5638 or jhawkins@proacousticsusa.com.

Microphone Cable – 25 foot

Item Name: 22ga Mic Wire - Very Flexible and Durable - Neutrik XLR's 100% Strain Relief - 25 foot

Price: \$20.00

Vendor Item ID: CBI-MLN-25

Jim Hawkins is a sales specialist at Pro Acoustics where this item is sold and can be reached at 512-961-5638 or jhawkins@proacousticsusa.com.

Bug-In-The-Ear

Item Name: Motiva PFM System 360 with FM Transmitter and FM Receiver with Microphone

Price: \$475.00

Sarah Bullard is a sales specialist at Assisted Audio where this item is sold and can be reached at sarah.bullard@assistedaudio.com or 888-629-4368.

Video Camera

Item Name: SONY DCR-SX85 16GB Flash Memory Camcorder

Price: \$159.00

We purchased these cameras from B&H.

****Please note that each item and price is subject to change by vendor.**